

Commonwealth of Virginia Health Benefits Program Employee Assistance Program (EAP)

EAP Services to Members

The EAP's role is to help people reduce the stress in their lives and achieve a healthy work-life balance. Up to four free counseling sessions with a licensed mental health provider are provided per incident each plan year. In addition, members may contact the EAP for 24/7 assistance with:

- Work/life balance and other issues of daily living such as:
 - Depression
 - Work and family stress
 - Substance abuse
 - Child and elder care issues
- Legal, financial and other consultation services, including credit monitoring, debt and budgeting assistance, mediation services and retirement planning.
- Referrals and resources regarding child and elder care, comparison shopping, travel assistance, education resources, and more.

Each plan's website features articles, webinars and other helpful tips for members.

EAP Contact Information

- **COVA Care and COVA HDHP - Anthem**
 - 855-223-9277 and the Anthem EAP at www.anthemEAP.com (Login: Commonwealth of Virginia)
- **COVA HealthAware – Aetna**
 - 888-238-6232 and the COVA HealthAware EAP at www.mylifevalues.com (Username: COVA /Password: COVA)
- **Kaiser Permanente HMO - Kaiser**
 - 866-517-7042 and at www.achievesolutions.net/kaiser

